

## ABSTRACT

The present invention provides a toner comprising a binder resin, a colorant and an infrared absorbing agent, wherein  $\tan\delta$  (loss elastic modulus  $G''$ /storage elastic modulus  $G'$ ) of the toner at 120°C is in the range of 3 to 6, and an image-forming method using the toner in which toner images on a recording medium are light irradiated by a flash lamp having a light-emitting energy of 1.0 to 5.0 J/cm<sup>2</sup> so that the toner images are fixed on the recording medium.